**Worksheet for Setting Goals**

**Goal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps:**

**1.**

**2.**

**3.**

**Barriers:**

**1.**

**2.**

**3.**

**Solutions:**

**1.**

**2.**

**3.**

**Deadline: (When I plan to reach this goal.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**